



Minestrone Pasta Soup

Ingredients

- 200g of dried wholegrain pasta*
- 1 big onion, cut into cubes
- 2 stalks of celery, cut into cubes
- 1 small carrot, cut into cubes
- 2 big tomatoes, cut into cubes
- Half a cucumber, cored and de-seeded, cut into cubes
- 100g of kidney beans, long beans and/or chopped vegetables of your choice
- 2L of vegetable stock
- 1 tbsp of butter

Seasoning:

- 3 tbsp of tomato ketchup*
- A dash of peppe

Vegetable stock:

- 3 carrots, cut into chunks
- 3 stalks of celery, cut into sections
- 2 onions, cut into quarters
- 150g of soybeans (optional)
- 3 slices of ginger
- 4L of water

Garnish (optional):

- 1 tsp of chopped parsley
- ½ tsp of grated cheese*

Method

To make the vegetable stock:

- Combine all ingredients in a large pot and bring water to a boil. Turn to low heat and let it simmer for at least 1 hour.
- Strain the stock and it's ready to use.

To make this dish:

- Cook pasta in a pot of boiling water following instructions on the packet or until soft.
- Drain the pasta and set aside.
- Heat a little butter in a pot until it melts. Add onions and stir-fry until fragrant.
- Add all the cubed ingredients and vegetable stock. Bring to a boil.
- Add in pasta and seasoning, and stir through.
- Top with garnish, if using, and serve warm.

Tip:

- Store-bought vegetable stock can be used for this recipe. Use home-made stock whenever possible as it contains less salt.



*Choose products with the Healthier Choice Symbol.